



User Guide and Instruction Manual



The Instant Calmer Mini™

A Miniature Therasage™ Healing Pad

Bringing Heat Therapy To the Body

WARNING: READ ALL INSTRUCTIONS CAREFULLY BEFORE
USING THIS PAD.
ALWAYS USE WITH CARE.

Congratulations on your purchase of our newest Therasage™ Healing Pad, *The Instant Calmer Mini.*™

Easy Start-Up:

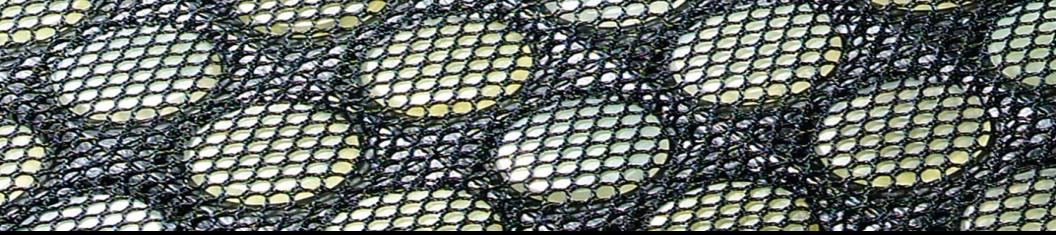
Your Healing Pad is powered and enhanced by therapeutic, deep penetrating heat, as well as Negative Ion technology to optimize your health and wellness. To get started, simply remove it from its box and packing bag, and you will see that it is ready for immediate use.

Instructions For Use

- Insert the Power Plug into a 110v electrical outlet.
- The Controller will display the level of temperature, beginning at a medium temperature default setting of “5”. You can adjust the temperature by pressing the “↑” button for more heat up to “9”, and the “↓” button for less heat down to “1”.
- By pressing the MODE button, you can adjust the count down timer. The default time is 60 minutes and maximum time is 90 minutes of warmth. You can adjust the time by pressing either the “↑” button or the “↓” button.
- Press the ON/OFF button to turn on the pad. A green light will indicate that the pad is heating.
- When the time is done, the pad will stop heating and the controller will display the last heat setting used. To stop heating sooner, press the ON/OFF button .
- For your convenience, the Controller will remember the last setting .



UNPLUG THE PAD AND PROPERLY STORE WHEN IT IS NOT IN USE



FEATURES & BENEFITS OF *The Instant Calmer Mini™*

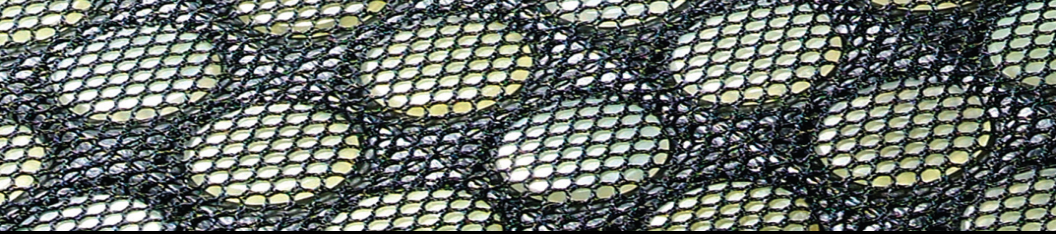
EVEN HEAT DISTRIBUTION

The natural Jade stones, a Therasage insignia, and their specific placement, are designed to deliver deep, penetrating heat more evenly throughout the Pad. In less than five minutes, you can *Feel the Heat™*.

“ENRICHED AIR” THERAPY THROUGH NEGATIVE ION TECHNOLOGY

Negative Ions are natural energy that promote health and wellness so you feel great! Heating Jade stone also creates Negative Ions, beneficial invisible molecules that can enrich the air around us. These elements are found in abundance at waterfalls, mountains, beaches and after a rainstorm. Numerous scientific studies indicate that once this enriched air reaches our bloodstream, the Negative Ions are believed to produce biochemical reactions that help calm and relieve stress, produce an overall feeling of wellbeing, decrease blood pressure, increase the flow of oxygen to our brain, alleviate depression, boost our daytime energy and increase our defense against infection by boosting our immune system.





CARE AND SAFETY INSTRUCTIONS

TO CLEAN AND STORE

After each use, the Pad may be wiped with a lightly damp cloth to remove any perspiration or dirt. No solvent or cleaning liquid should be used on the Pad.

Place the Heating Pad flat in its box or in a safe, dry, cool place. Do not fold or crush and avoid contact with sharp edges or pointed objects that might cut or puncture the Pad. Do not hang or handle the Pad by the power cord. Carefully examine the Pad before each use. Do not use if any part of the Pad shows any signs of deterioration such as blistering or cracking; if punctured; if the power cord or cord to the controller is broken, pulled away from the Pad, or frayed; or if there are any exposed wires.

SERVICING

ALL SERVICING OF THIS HEATING PAD MUST BE PERFORMED AT AN AUTHORIZED THERASAGE SERVICE CENTER.

IMPORTANT SAFETY INSTRUCTIONS AND PRECAUTIONS

DO NOT DISCARD - SAVE AS LONG AS YOU OWN THE PAD

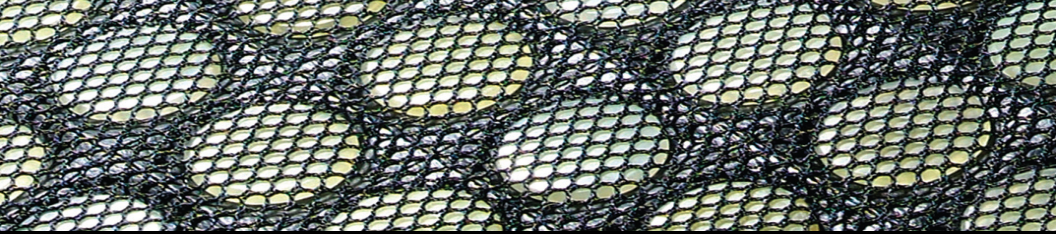
WARNING: READ ALL INSTRUCTIONS CAREFULLY BEFORE USING THIS PAD

THIS PRODUCT MUST ALWAYS BE USED WITH CARE. TO REDUCE THE RISKS OF SERIOUS BURNS, ELECTRICAL SHOCK, FIRE AND ACCIDENT, THIS PRODUCT MUST BE USED IN ACCORDANCE WITH ALL INSTRUCTIONS AND PRECAUTIONS. THIS HOME CONSUMER PRODUCT IS NOT TO BE SOLD TO HOSPITALS OR SIMILAR INSTITUTIONS.



The U.S. FDA requires us to also state:

“WARNING: USE CAREFULLY. May cause serious burns. Do not use over sensitive skin areas or in the presence of poor circulation. The unattended use of this device by children or incapacitated persons may be dangerous.”



CAUTIONS AND PRECAUTIONS

We offer the following specific safety instructions and precautions to help keep our customers accident-free while fully enjoying the benefits of our product.



- Products involving power sources are manufactured with inherent risks. Like all electrical devices, the Pad must be unplugged when not in use. This product is designed for indoor use only. Products involving power sources should never come in contact with the bathtub, shower, hot-tub, pool, or any water source.
- Using power sources with unrelated products, overloading power cords and strips and using non-standard power sources for Therasage products is not recommended.
- Healing pads are NOT microwave safe. This product should NOT be used in an oxygen enriched environment or near equipment that emits oxygen such as oxygen concentrators, CPAP machines, or similar breathing devices.
- This product is not meant to be taken apart nor fastened with metal pins to hold in place. This product contains an electrical component, which, if punctured or tampered with, could cause injury.
- To reduce the risk of electric shock, do not expose this device to rain or moisture.
- If smoke is ever detected from this device, immediately remove the power cord from the outlet and contact the Customer Care department at Therasage for assistance.
- Do not position this device near sources of heat or electromagnetic radiation such as radiators, heat registers, stoves, or magnetized objects.

ADDITIONAL CAUTIONS AND PRECAUTIONS CONTINUED



- Do Not Remove Jade Stones - While the Jade stones are not overly small, the challenged, infirm, or young could choke or otherwise be injured if the stones are removed and swallowed.

- This Pad should be used wherever an increase in therapeutic heat application is desired for personal comfort or recommended by your physician for the relief of pain. Place Pad directly where heat is desired.

Do not use directly on bare skin....To avoid the possibility of skin rashes or burns, we recommend using clothing, pillow case, or a towel barrier between your skin and the Pad.

- Do not use the Pad on skin that is swollen or inflamed, on skin eruptions, or where liniment, essential oils, salve or ointment preparations containing heat-producing ingredients have been applied. Skin burns could result.

- Supervision is necessary for unconscious individuals, paralyzed persons, or those who have a diminished sensation of cold or heat, and those with limited recognition of their surroundings or any medical condition that would limit the user's capacity to safely operate the Pad.

- This product should not be used in a crib, or by someone under the age of ten without adult supervision. Use by a child could cause injury.

- This device should not be used while sleeping.

- If you are elderly, infirm, pregnant, have a pacemaker or defibrillator implant, suffer from diabetes, a blood-based disorder, or other medical conditions, or have any concern regarding the use of this product, consult your personal physician prior to use.



FREQUENTLY ASKED QUESTIONS

Is the Healing Pad flexible? Can it be wrapped around a shoulder, back, or knee?

Yes, the format of the Pad is totally flexible and made to mold to an area of discomfort for ultimate therapeutic benefit and pain relief. Your “mini” comes with a velcro® strip that can be used to strap the device on, over, or around any particular area of the body.



I just used the Pad for the first time and noticed that the Jade stones are only present on one side. Is it necessary to use the Pad with the Jade side to receive the most benefits?

Having the Jade side toward the body offers the maximum benefits.

Are there any time suggestions, such as how long to use the Pad at one time?

We recommend starting with a moderate heat level for a brief period of time. As your body gets used to the therapy effects you can gradually increase time and temperature. Always use common sense when using the Healing Pad. You can enjoy the Pad as often and for as long as you like. It is purely a personal preference. The more you use it the more relaxed and revitalized you will feel. However, do not use the Healing Pad while you are sleeping.



FREQUENTLY ASKED QUESTIONS

Are there any contraindications on using the Healing Pad?

Children ten years old or younger, the elderly, those with diseases associated with a reduced blood flow, those individuals prone to bleeding, those prone to fevers, those insensitive to heat, those who are pregnant, and cardiac patients.

Are there any areas one should be concerned with in using this product?

One should always follow our instructions and never apply on bare skin. And when using around the head area we recommend a cloth or towel and a shorter session time. You should always common sense when using our products.





Therasage Instant Calmer Mini Limited Warranty

1. WHAT THIS LIMITED WARRANTY COVERS AND HOW LONG

This Product includes the product itself, and, unless specifically excluded below, all material, parts, and components related to functionality. This Limited Warranty applies only when all of these parts are genuine Therasage components cosmetic components are not covered by this Limited Warranty.

a) **COVERAGE** Subject to the limitations and exclusions below, and for the duration of the applicable Warranty Period, Therasage, and any of its affiliates, ("Seller") warrants that the Product's components will be free from material and functional non-conformities in material and workmanship under normal and reasonable consumer conditions.

b) **WARRANTY PERIOD** For the first year after purchase, Therasage, at its discretion, will repair or replace any defective part, component, mechanism, or material. This warranty coverage during the first year shall include all defective parts, labor included. The Warranty Period shall commence upon purchase of the product by the end-user consumer from an authorized dealer. Each consumer is urged to register the Product through the Warranty Registration Form attached hereto. This Limited Warranty is not transferable. Finally, this Warranty is effective from the date of purchase as shown on the purchaser's receipt (as registered with the Seller). This Warranty can only commence once proof of purchase (or gift) is provided.

2. WHAT THIS LIMITED WARRANTY DOES NOT COVER

a) **GENERALLY** This Limited Warranty does not include non-conformities or damages attributable to or arising from: • Minor scratches or minor visual imperfections • Negligence; improper use, installation, finishing, maintenance (including failure to maintain finish) nor operation inconsistent with Seller's recommendations and written instructions that are generally available in Seller's Product Manual as updated by bulletins or other written communications or on Seller's Worldwide website www.therasage.com. • Improper storage, including inadequate shelter or inadequate venting of shipping wrap in humid locations • Misapplication of use, commercial use, or use other than generally intended • Normal wear and tear



Therasage Instant Calmer Mini™

Limited Warranty

b) **CERTAIN CONDITIONS** This Limited Warranty does not guarantee health claims. Further, this Limited Warranty does not cover damage attributable to or caused by acts of God that include, but are not limited to, power surges, stresses, fire and other conditions that exceed Product designs. Seller is not responsible for claims or damages caused by water or condensation infiltration.

3. THIS LIMITED WARRANTY'S EXCLUSIVE REMEDY

If the Product or any components fail to meet this Limited Warranty, Seller's sole obligation is to either (as Seller elects): a) repair the component (color matching not guaranteed); or b) provide replacement component(s) to the Warranty Holder or the Seller's dealer designated (color matching not guaranteed); or c) refund the Warranty Holder's purchase price (the lesser of the original Product/component purchase price or the original catalog list price). Repaired or replaced components are warranted only on the same terms and for the remainder of the Warranty Period. Seller reserves the right to discontinue or change any Product. If the Product or component is not available, Seller may select and provide a replacement Product or component of equal quality and price. This is the Warranty Holder's sole and exclusive remedy for the Product under this Limited Warranty. By example but not limitation, this Limited Warranty does not cover the following costs and expenses: (i) labor (after the first year); (ii) shipping/freight expenses to return the Product to Seller, or Seller's designated service center; (iii) normal maintenance; or (iv) consequential, special, or indirect losses or damages of any kind.

4. DISCLAIMER OF WARRANTIES

THIS LIMITED WARRANTY IS IN LIEU OF AND EXCLUDES ALL OTHER WARRANTIES NOT EXPRESSLY SET FORTH HEREIN, EXPRESSED OR IMPLIED BY OPERATION OF LAW OR OTHERWISE, INCLUDING BUT NOT LIMITED TO ANY IMPLIED WARRANTIES OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE. TO THE EXTENT THAT ANY IMPLIED WARRANTIES MAY NONETHELESS EXIST BY OPERATION OF LAW, SUCH WARRANTIES ARE LIMITED TO THE DURATION PROVIDED BY LAW. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATIONS MAY NOT APPLY. SELLER DOES NOT AUTHORIZE ANYONE TO CREATE FOR IT ANY OBLIGATION OR LIABILITY IN CONNECTION WITH PRODUCTS.



Therasage Instant Calmer Mini™

Limited Warranty

5. LIMITATION OF LIABILITY

SELLER'S SOLE LIABILITY UNDER THIS LIMITED WARRANTY IS REPLACEMENT, REPAIR, OR REFUND OF THE PURCHASE PRICE AS SET FORTH ABOVE. IN NO EVENT, WILL SELLER BE LIABLE FOR INCIDENTAL, CONSEQUENTIAL, INDIRECT, SPECIAL, OR PUNITIVE DAMAGES INCLUDING, BUT NOT LIMITED TO, DAMAGE OF ANY KIND TO A PREMISES, LOSS OF PRODUCT USE, LABOR, LOST PROFITS/REVENUE, INTEREST, LOST GOODWILL, WORK STOPPAGE, IMPAIRMENT OF OTHER GOODS OR WORK, INCREASED OPERATING EXPENSES, EMOTIONAL DISTRESS CLAIMS, LOSS OF CONSORT CLAIMS, OR CLAIMS OF THIRD PARTIES FOR SUCH DAMAGES, WHETHER BASED ON CONTRACT, WARRANTY, TORT (INCLUDING, BUT NOT LIMITED TO, STRICT LIABILITY OR NEGLIGENCE) OR OTHERWISE, EVEN IF ADVISED OF THE POSSIBILITY OF SUCH DAMAGES.) SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY. THIS LIMITED WARRANTY PROVIDES SPECIFIC LEGAL RIGHTS BUT WARRANTY HOLDER MAY HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE. IF THIS LIMITED WARRANTY IS DEEMED TO HAVE FAILED OF ITS ESSENTIAL PURPOSE, IN NO EVENT WILL SELLER'S ENTIRE LIABILITY EXCEED THE LESSER OF THE PRODUCT'S OR THE NON-CONFORMING COMPONENT'S PURCHASE PRICE.

6. CLAIMS

Claims must be initiated during the Warranty Period. To initiate a claim, please contact Therasage, Attn: Customer Service, 21000 Boca Rio Road, Suite A21C, Boca Raton, Florida, 33433. or by writing Info@therasage.com. Claimant will be required to provide proof of purchase and the date of Product purchase (unless the Product was registered at the time of purchase) and may be required to return the Product or component to Seller (at Claimant's expense).



Healing Pad Sizes:
(approximately)

True Mini	8" x 10" 44 watts
Oblong	13" x 5" 32 watts

THERASAGE SERVICE CENTER

21000 Boca Rio Road
Suite A-21C

Boca Raton, FL 33433-1551

(888) 416-4441 telephone

(888) 416-9991 fax

info@therasage.com

Therasage's purpose for being in business is to provide natural, safe, affordable therapeutic home and office healthcare products. We are guided by our commitment to natural health and wellness, our dedication to customer satisfaction, and our desire to make a positive impact on society.

While our attorneys remind us that we must state the following, we voluntarily comply with the regulations set forth by federal agencies, most notably by not making claims beyond which we are permitted by law.

The statements contained herein have not been evaluated by the FDA. No medical claims of any kind, directly related to any of our products, are made or implied. Our Therasage products are not intended to diagnose, treat, cure or prevent any disease. The information contained herein is meant to inform and educate. For all medical concerns, please consult your physician or other health care professional.

WE INVITE YOU TO VISIT OUR WEBSITE

www.therasage.com

TO VIEW ALL OF OUR HEALTHY PRODUCTS